



AQUA FIT

JULY 2025

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 9:30 Extreme TABATA with Lallie	2 9:00 Cindy 10:00 Janet	3 9:30 Extreme Boot Camp with Jennifer	4 Happy 4th! NO CLASSES	5
6	7 9:00 Cindy 10:00 Edie	8 9:30 Extreme TABATA with Jennifer	9 9:00 Janet 10:00 Cindy	10 9:30 Extreme Boot Camp with Jennifer	11 9:00 Jennifer 10:00 Janet	12
13	14 9:00 Janet 10:00 Edie	15 9:30 Extreme TABATA with Jennifer	16 9:00 Jennifer 10:00 Jennifer	17 9:30 Extreme Boot Camp with Jennifer	18 9:00 Janet 10:00 Janet	19
20	21 9:00 Jennifer 10:00 Janet	22 9:30 Extreme TABATA with Jennifer	23 9:00 Janet 10:00 Jennifer	24 9:30 Extreme Boot Camp with Jennifer	25 9:00 Lallie 10:00 Edie	26
27	28 9:00 Janet 10:00 Cindy	29 9:30 Extreme TABATA with Jennifer	30 9:00 Lallie 10:00 Cindy	31 9:30 Extreme Boot Camp with Jennifer		